

# Healthy Eating for Healthy Aging COOKBOOK



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## ***Recipes***

### Breakfast Foods

- Apple Orchard Pancakes
- Blueberry Coffee Cake
- Breakfast Burrito
- Garden Frittata

### Soups and Side Dishes

- Cabbage and Potato Sauté
- Chicken Vegetable Soup with Kale
- Corn and Chicken Chowder
- Lentil Soup
- Minestrone Soup
- Tex Mex Bean Dip

### Desserts

- Pumpkin Ginger Bread
- Sweet Potato Pie

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### Salads

- Broccoli Salad
- Cabbage Noodle Salad
- Curry Dressing for Green or Pasta Salad
- Fruit Jumble

### Main Dishes

- Bok Choy and Noodles in Seasoned Sauce
- Chicken Creole
- Pasta and Beans
- Pasta Delight
- Pasta and Steamed Vegetables
- Tex Mex Skillet Supper
- Turkey Chili
- Quick and Easy Fried Rice
- Vegetable Stir Fry

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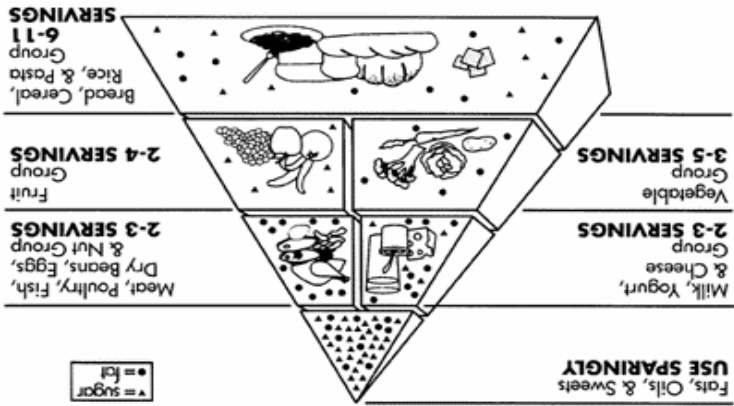
### **Healthy Eating Guidelines**

- ◆ Eat a variety of foods that are good sources of protein, vitamins, minerals, and fiber. Use the Food Pyramid as your guide. Eat at least the minimum number of servings from each food group daily.
- ◆ Eat calcium-rich foods such as low-fat dairy, dark green leafy vegetables, and calcium-fortified foods.
- ◆ Eat fiber-rich foods such as grains, fruits, vegetables, and dried beans.
- ◆ Choose foods that are lower in total fat, saturated fat and cholesterol.
- ◆ Choose and prepare foods with less added fat, sugar, and salt.
- ◆ Drink 8 cups of water every day.
- ◆ Eat at least 3 meals each day.
- ◆ Eat on a regular schedule and eat consistent amounts of foods.
- ◆ Try not to skip meals. If you want to lose weight, reduce portion sizes.
- ◆ Balance your intake with regular exercise and activity.

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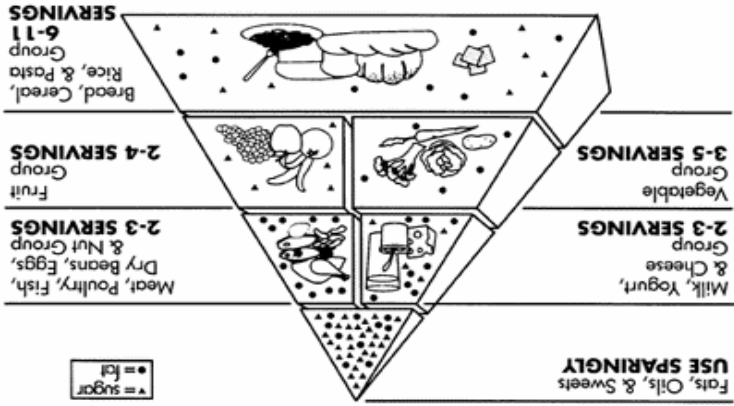
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## What Counts as One Serving?



When you look at a food guide pyramid, you will notice that the serving size seems small for certain foods. There is a difference between the **pyramid serving sizes** and the **portion** you choose to eat at a meal. For example, your portion of pasta may be 2 or 3 servings. When you eat a sandwich with two slices of bread, your portion is two servings. The portion size you choose depends on your age, weight, and calorie needs.

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## Reading and Understanding the Food Label

**Serving Size:** Check your portions. If you eat double the serving size listed, you will need to double the nutrient and calorie values. If you eat one-half the serving size shown, cut the nutrient and calorie values in half.

**Calories:** The amount of calories you need to eat every day depends on your age, weight, and activity level. Most older adults need 2000 calories or less per day.

**Calories from Fat:** Choose foods with a big difference between the total number of calories and the number of calories from fat.

Nutrition Facts		
Serving size: 3/4 cup (67g)		
Servings Per Container 10		
Amount Per Serving		
Calories 198		Cal. from Fat 53
% Daily Value*		
Total Fat 6g		8%
Saturated Fat 1g		4%
Cholesterol 0mg		0%
Sodium 7mg		0%
Total Carbohydrate 30g		10%
Dietary Fiber 3g		10%
Sugars 1g		
Protein 6g		
Vitamin A 50%	Vitamin C 40%	
Calcium 4%	Iron 4%	
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

**Total Fat:** Most people need less than 60 grams of fat per day. Try to limit your saturated fat to 10% of this total.

**Total Carbohydrate:** Look at total carbohydrate rather than the grams of sugar per serving. Most people need about 45-60 grams of carbohydrates per meal.

**Dietary Fiber:** Foods that have 5 or more grams of fiber per serving are considered good sources.

**Protein:** To compare, one ounce of meat is equal to about 7 grams of protein. Most older adults need at least 60 grams of protein daily.

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Sugars 1g		
Protein 6g		
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**Protein:** To compare, one ounce of meat is equal to about 7 grams of protein. Most older adults need at least 60 grams of protein daily.

## Reading and Understanding the Food Label, continued

**Sodium:** The recommended level for sodium for most people is 2400-3000 milligrams per day. Some people with high blood pressure may benefit from reducing their sodium intake to this level or lower. A food is considered low in sodium if it has less than 250 milligrams per serving.

**Percent (%) Daily Value:** These values are listed for people who eat 2000 or 2500 calories per day. If you eat less, your personal value will be lower than these numbers. If you eat more, your personal value will be higher. You can use these values as a general guide to the nutrient value of a food. A food is considered a good source of a nutrient if one serving provides 10-19% of a given nutrient. A food is considered to be a very good source if it provides 20% or more of a given nutrient. A food that provides 5% or less is considered to be low in that nutrient. For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value. Your daily value goal for fiber, vitamins, and minerals is 100%.

## Reading and Understanding the Food Label, continued

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## ***Breakfast Foods***



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## Apple Orchard Pancakes

Makes six 3-inch pancakes.

### Ingredients:

1/2 cup plain nonfat yogurt  
1/2 cup skim milk  
1 egg  
1/2 teaspoon vanilla  
1 cup whole wheat flour  
1 tablespoon sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1 cup apples, chopped fine  
1 tablespoon oil or cooking spray



### Directions:

1. In a large bowl, combine yogurt, milk, egg and vanilla.
2. In a separate bowl, combine dry ingredients.
3. Mix dry ingredients into bowl containing liquid ingredients. Do not overmix.
4. Fold in apple pieces.
5. Pour 1/4 cup of batter onto a hot skillet coated with oil. When bubbles begin to burst on first side of pancake, flip and cook other side until golden brown.

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Nutrition Facts	
Serving size: 2 pancakes (182g)	
Servings Per Recipe 3	
Amount Per Serving	
<b>Calories</b> 279	Cal. from Fat 64
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 64mg	<b>20%</b>
<b>Sodium</b> 285mg	<b>10%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Sugars 4g	
<b>Protein</b> 12g	
Vitamin A 4%	Vitamin C 4%
Calcium 15%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Top pancakes with fruit preserves, syrup, applesauce, or enjoy them plain.
- ♦ Substitute chopped apples with berries, peaches, or other favorite fruit.
- ♦ Complete your breakfast with a glass of 1% or fat-free milk.

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## Blueberry Coffee Cake

Makes 8 servings.

### Ingredients:

1 cup low-fat lemon yogurt  
3 tablespoons vegetable oil  
2 egg whites  
1/2 cup sugar  
1-1/2 cups flour  
1 tablespoon grated lemon peel  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1-1/2 cups fresh or frozen blueberries\*

\*If using frozen fruit, thaw and drain before adding to recipe.



### Directions:

1. Preheat oven to 375°. Spray a 9-inch square pan with nonfat cooking spray.
2. Beat yogurt, oil, egg whites, and sugar in a large bowl. Stir in remaining ingredients except the blueberries.
3. Carefully fold in the blueberries.
4. Spread the mixture into the pan.
5. Bake about 45 minutes or until cake springs back when touched lightly in the center. Cool 10 minutes.
6. Can be served warm or cool.

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Nutrition Facts	
Serving size: 1/8 of recipe (109g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 225	Cal. from Fat 54
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 2mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>0%</b>
<b>Total Carbohydrate</b> 38g	<b>15%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 13g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Substitute raspberries or blackberries for the blueberries.
- ♦ To increase fiber, use half whole wheat flour and half white flour.
- ♦ Make a lemon glaze:  
2/3 cup powdered sugar  
3-4 teaspoons lemon juice  
Mix sugar and lemon juice until smooth and then drizzle over the cake.

**Note:** Nutrition Facts do not include the optional lemon glaze.

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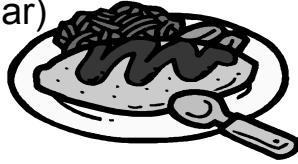
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## Breakfast Burrito

Makes 4 servings.

### Ingredients:

- 2 teaspoons vegetable oil
- 2 cups potatoes (fresh, frozen, or pre-cooked), finely chopped
- 1/2 onion, chopped
- 1 bell pepper (red or green), chopped
- 1 or 2 cloves garlic, pressed or minced
- 2 eggs, beaten
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- Salsa (fresh or from a jar)
- 4 flour or corn tortillas



### Directions:

1. In a large skillet, heat oil on medium-high setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Check for doneness with fork.
3. Reduce heat to medium; spread the potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix with the potatoes until cooked firm). Stir all the ingredients together.
4. Place a spoonful in center of tortilla; wrap burrito-style and top with salsa.

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4. Place a spoonful in center of tortilla; wrap burrito-style and top with salsa.

Nutrition Facts			
Serving size: 1 Burrito (227g)			
Servings Per Recipe 4 Burritos			
Amount Per Serving			
<b>Calories</b> 296 Cal. from Fat 74			
% Daily Value*			
<b>Total Fat</b> 8g			
Saturated Fat 2g			
<b>Cholesterol</b> 94mg			
<b>Sodium</b> 642mg			
<b>Total Carbohydrate</b> 47g			
Dietary Fiber 4g			
Sugars 0g			
<b>Protein</b> 9g			
Vitamin A 10% Vitamin C 80%			
Calcium 10% Iron 15%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Can also be served on a plate over a tortilla.
- ♦ When serving, top each burrito with 1 to 2 teaspoons of low or nonfat sour cream.
- ♦ To reduce the fat and cholesterol, use 1/4 cup egg substitute for 2 eggs.
- ♦ Add other favorite chopped vegetables as desired.

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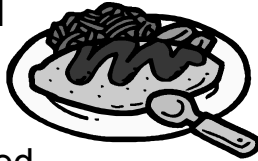
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## Garden Frittata

Makes 2 servings.

### Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium tomato, chopped
- 1/2 teaspoon Italian seasoning
- Black pepper to taste
- 1/4 teaspoon salt
- 3 eggs, lightly beaten
- 1/2 of a 10-ounce package frozen spinach, thawed and squeezed dry
- 1/4 cup grated sharp cheddar cheese (optional)



### Directions:

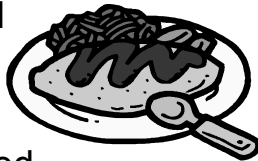
1. Heat oil in skillet. Add onion, garlic and tomato. Sauté until soft.
2. Mix Italian seasoning, pepper and salt with the beaten eggs and add to the onion mixture.
3. Stir in the spinach and cheese.
4. Cover with a tight fitting lid and turn heat to low.
5. Cook for 15 minutes and check for firmness.
6. Cut into wedges and serve.

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### Directions:

1. Heat oil in skillet. Add onion, garlic and tomato. Sauté until soft.
2. Mix Italian seasoning, pepper and salt with the beaten eggs and add to the onion mixture.
3. Stir in the spinach and cheese.
4. Cover with a tight fitting lid and turn heat to low.
5. Cook for 15 minutes and check for firmness.
6. Cut into wedges and serve.

Nutrition Facts			
Serving size: (164g)			
Servings Per Recipe 6			
Amount Per Serving			
<b>Calories</b> 152 Cal. from Fat 92			
% Daily Value*			
<b>Total Fat</b> 10g			
Saturated Fat 4g			
<b>Cholesterol</b> 197mg			
<b>Sodium</b> 347mg			
<b>Total Carbohydrate</b> 6g			
Dietary Fiber 2g			
Sugars 0g			
<b>Protein</b> 10g			
Vitamin A 85% Vitamin C 35%			
Calcium 15% Iron 10%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ To reduce fat and cholesterol in recipe, use an egg substitute or use egg whites only (if using egg whites you may need to use an extra egg).
- ♦ Use canned tomatoes if fresh tomatoes are unavailable or too expensive.
- ♦ Try using other herbs such as basil or thyme.
- ♦ Substitute broccoli in place of spinach.

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- ♦ Substitute broccoli in place of spinach.



## ***Soups and Side Dishes***



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## Cabbage and Potato Sauté

Makes 4 servings.

Recipe by Ayo Imani

### Ingredients:

- 1 small bell pepper,  
chopped
- 1/2 small onion, chopped
- 1-2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1/2 small head cabbage, green or red,  
sliced thick or shredded
- 2 medium potatoes, cooked and chopped
- Dash cayenne pepper (optional)
- Pinch of salt
- 1 tablespoon fresh parsley, chopped  
or 2 teaspoons dried parsley



### Directions:

1. Sauté bell pepper, onion and garlic in oil in a large skillet.
2. Add cabbage to skillet and cook, stirring occasionally, about 3 minutes.
3. Add pre-cooked potatoes and spices, stir to combine all ingredients. Cover and cook 2 more minutes.
4. Serve hot.

## Cabbage and Potato Sauté

Makes 4 servings.

Recipe by Ayo Imani

### Ingredients:

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- 1/2 small onion, chopped
- 1-2 cloves garlic, minced
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- 2 medium potatoes, cooked and chopped
- Dash cayenne pepper (optional)
- Pinch of salt
- 1 tablespoon fresh parsley, chopped  
or 2 teaspoons dried parsley



### Directions:

1. Sauté bell pepper, onion and garlic in oil in a large skillet.
2. Add cabbage to skillet and cook, stirring occasionally, about 3 minutes.
3. Add pre-cooked potatoes and spices, stir to combine all ingredients. Cover and cook 2 more minutes.
4. Serve hot.

Nutrition Facts	
Serving size: 1/4 of recipe (187g)	
Servings Per Recipe 4	
Amount Per Serving	
<b>Calories</b> 117	Cal. from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 6%	Vitamin C 100%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Try using red potatoes. Cut in half before adding to the recipe.
- ♦ Add grated carrots for color, flavor and nutrients.
- ♦ Use your favorite fresh or dried herb in place of parsley. Try oregano, basil, thyme, or rosemary.
- ♦ Leftovers can be made into soup by adding chicken or vegetable broth.
- ♦ To precook potatoes, poke holes in potatoes with a fork and microwave until tender **or** try chopping potatoes and then steaming until tender.

Nutrition Facts	
Serving size: 1/4 of recipe (187g)	
Servings Per Recipe 4	
Amount Per Serving	
<b>Calories</b> 117	Cal. from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 6%	Vitamin C 100%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Try using red potatoes. Cut in half before adding to the recipe.
- ♦ Add grated carrots for color, flavor and nutrients.
- ♦ Use your favorite fresh or dried herb in place of parsley. Try oregano, basil, thyme, or rosemary.
- ♦ Leftovers can be made into soup by adding chicken or vegetable broth.
- ♦ To precook potatoes, poke holes in potatoes with a fork and microwave until tender **or** try chopping potatoes and then steaming until tender.

## Chicken Vegetable Soup with Kale

Makes 3 servings.

### Ingredients:

2 teaspoons olive oil  
1/2 cup chopped onion  
1/2 cup chopped or grated carrot  
1 teaspoon marjoram  
1 teaspoon thyme  
2 cloves garlic, minced  
2 cups reduced sodium chicken broth  
(or water)  
3/4 cup crushed or diced tomatoes  
1 cup cooked chicken, skinned and  
cubed  
1/2 cup cooked rice (white or brown)  
1 cup kale, stems removed and  
chopped (about 1 large leaf)



### Directions:

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add marjoram, thyme and garlic. Sauté for one more minute.
3. Add chicken broth or water, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

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1 cup kale, stems removed and  
chopped (about 1 large leaf)



### Directions:

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add marjoram, thyme and garlic. Sauté for one more minute.
3. Add chicken broth or water, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

Nutrition Facts			
Serving size: 1/3 of recipe (374g)			
Servings Per Container 3			
Amount Per Serving			
Calories 225		Cal. from Fat 77	
		% Daily Value*	
Total Fat	9g		15%
Saturated Fat 2g			8%
Cholesterol	39mg		15%
Sodium	631mg		25%
Total Carbohydrate	19g		6%
Dietary Fiber 3g			10%
Sugars 0g			
Protein 19g			
Vitamin A	170%	Vitamin C	65%
Calcium	8%	Iron	15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Use canned tomatoes with added herbs for extra flavor.
- ♦ Use other favorite dark, leafy greens for variety.
- ♦ Omit the rice to make a low-carbohydrate meal or side dish.
- ♦ When cooled, portion out the soup into plastic containers and refrigerate or freeze for later use.

Nutrition Facts			
Serving size: 1/3 of recipe (374g)			
Servings Per Container 3			
Amount Per Serving			
Calories 225		Cal. from Fat 77	
		% Daily Value*	
Total Fat	9g		15%
Saturated Fat 2g			8%
Cholesterol	39mg		15%
Sodium	631mg		25%
Total Carbohydrate	19g		6%
Dietary Fiber 3g			10%
Sugars 0g			
Protein	19g		
Vitamin A	170%	Vitamin C	65%
Calcium	8%	Iron	15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

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- ♦ Use other favorite dark, leafy greens for variety.
- ♦ Omit the rice to make a low-carbohydrate meal or side dish.
- ♦ When cooled, portion out the soup into plastic containers and refrigerate or freeze for later use.

## Corn and Chicken Chowder

### Ingredients:

14-ounce can cream-style corn  
1 cup frozen or fresh whole kernel corn  
1 cup low-fat milk  
5-ounce can all-white chicken packed in water, drained OR  
5 ounces cooked chicken meat  
1/2 medium red or green pepper, minced  
1/4 teaspoon dried thyme  
1/8 teaspoon pepper



Makes 3 servings.

### Directions:

1. In medium saucepan, combine both cream-style corn and kernel corn, milk and chicken. Heat over low heat for 5 minutes, stirring occasionally.
2. Stir in remaining ingredients. Increase heat to medium-low and cook for 3-4 minutes, or until soup just begins to simmer. Simmer for 3 minutes, or until hot.

From *Meals in Minutes Cookbook*, The American Heart Association

## Corn and Chicken Chowder

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Makes 3 servings.

### Directions:

1. In medium saucepan, combine both cream-style corn and kernel corn, milk and chicken. Heat over low heat for 5 minutes, stirring occasionally.
2. Stir in remaining ingredients. Increase heat to medium-low and cook for 3-4 minutes, or until soup just begins to simmer. Simmer for 3 minutes, or until hot.

From *Meals in Minutes Cookbook*, The American Heart Association

Nutrition Facts			
Serving size: 1/3 of recipe (374g)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories</b> 225    Cal. from Fat 77			
% Daily Value*			
<b>Total Fat</b> 9g			
Saturated Fat 2g			
<b>Cholesterol</b> 39mg			
<b>Sodium</b> 631mg			
<b>Total Carbohydrate</b> 19g			
Dietary Fiber 3g			
Sugars 0g			
<b>Protein</b> 19g			
Vitamin A 170%    Vitamin C 65%			
Calcium 8%    Iron 15%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Substitute 1% or skim milk for the low fat milk to reduce the fat.
- ♦ Use fresh cooked chicken, skinned and cubed in place of canned chicken.
- ♦ Add other favorite herbs if desired.
- ♦ Add additional favorite fresh or frozen vegetables as desired.
- ♦ When cooled, divide into separate containers to refrigerate or freeze for later use.

Nutrition Facts			
Serving size: 1/3 of recipe (374g)			
Servings Per Container 3			
Amount Per Serving			
<b>Calories</b> 225    Cal. from Fat 77			
% Daily Value*			
<b>Total Fat</b> 9g			
Saturated Fat 2g			
<b>Cholesterol</b> 39mg			
<b>Sodium</b> 631mg			
<b>Total Carbohydrate</b> 19g			
Dietary Fiber 3g			
Sugars 0g			
<b>Protein</b> 19g			
Vitamin A 170%    Vitamin C 65%			
Calcium 8%    Iron 15%			
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- ♦ Use fresh cooked chicken, skinned and cubed in place of canned chicken.
- ♦ Add other favorite herbs if desired.
- ♦ Add additional favorite fresh or frozen vegetables as desired.
- ♦ When cooled, divide into separate containers to refrigerate or freeze for later use.

## Lentil Soup

Makes 2-3 servings.

### Ingredients:

1 cup dry lentils  
1 tablespoon vegetable oil  
1 carrot, chopped  
1/2 medium onion, chopped  
1-2 cloves garlic, minced  
2 cups water or vegetable broth  
1-15 ounce can crushed tomatoes  
1/2 teaspoon cumin  
1 tablespoon fresh parsley, or  
2 teaspoons dried flakes  
Salt and pepper to taste  
Dash cayenne pepper (opt.)



### Directions:

1. Wash lentils by rinsing them under running water.
2. Heat oil in a medium saucepan. Add carrots and onions. Sauté for 3-4 minutes. Add garlic and sauté for 2 more minutes.
3. Add water, lentils, tomatoes, and spices. Bring to a boil, then reduce to simmer and cover pan. Simmer for 20 minutes or until lentils are tender.

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1 tablespoon vegetable oil  
1 carrot, chopped  
1/2 medium onion, chopped  
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2 cups water or vegetable broth  
1-15 ounce can crushed tomatoes  
1/2 teaspoon cumin  
1 tablespoon fresh parsley, or  
2 teaspoons dried flakes  
Salt and pepper to taste  
Dash cayenne pepper (opt.)



### Directions:

1. Wash lentils by rinsing them under running water.
2. Heat oil in a medium saucepan. Add carrots and onions. Sauté for 3-4 minutes. Add garlic and sauté for 2 more minutes.
3. Add water, lentils, tomatoes, and spices. Bring to a boil, then reduce to simmer and cover pan. Simmer for 20 minutes or until lentils are tender.



Nutrition Facts			
Serving size: 1/2 cup (307g)			
Servings Per Recipe 4			
Amount Per Serving			
<b>Calories</b> 237 Cal. from Fat 38			
% Daily Value*			
<b>Total Fat</b> 4g <b>6%</b>			
Saturated Fat 0g <b>2%</b>			
<b>Cholesterol</b> 0mg <b>0%</b>			
<b>Sodium</b> 250mg <b>10%</b>			
<b>Total Carbohydrate</b> 38g <b>15%</b>			
Dietary Fiber 16g <b>65%</b>			
Sugars 0g			
<b>Protein</b> 15g			
Vitamin A 100% Vitamin C 30%			
Calcium 8% Iron 30%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Substitute split peas for lentils.
- ♦ Add cooked diced ham.
- ♦ Add any of your favorite fresh or frozen chopped vegetables.
- ♦ Use low-sodium vegetable broth.
- ♦ Use canned diced tomatoes with added herbs.

Nutrition Facts			
Serving size: 1/2 cup (307g)			
Servings Per Recipe 4			
Amount Per Serving			
<b>Calories</b> 237 Cal. from Fat 38			
% Daily Value*			
<b>Total Fat</b> 4g <b>6%</b>			
Saturated Fat 0g <b>2%</b>			
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<b>Total Carbohydrate</b> 38g <b>15%</b>			
Dietary Fiber 16g <b>65%</b>			
Sugars 0g			
<b>Protein</b> 15g			
Vitamin A 100% Vitamin C 30%			
Calcium 8% Iron 30%			
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### Little changes that may suit you better:

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- ♦ Add cooked diced ham.
- ♦ Add any of your favorite fresh or frozen chopped vegetables.
- ♦ Use low-sodium vegetable broth.
- ♦ Use canned diced tomatoes with added herbs.

## Minestrone Soup

Makes 6 servings.

### Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup each: chopped carrot, celery, and onion
- 2 cloves garlic, minced
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon salt
- 3 cups water or vegetable broth
- 1/8 teaspoon black pepper
- 1-15 ounce can kidney beans
- 1-15 ounce can diced tomatoes
- 1-15 ounce can tomato sauce
- 1/2 cup chopped cabbage
- 1/2 cup sliced zucchini
- 1/2 cup pasta, uncooked



### Directions:

1. In a large sauce pan, heat oil. Add carrot, celery, onion and garlic. Sauté for 2-3 minutes. Add basil, oregano, and salt. Coat vegetables with spices.
2. Add water or broth, bring to a boil. Reduce heat. Cover and simmer for 15 minutes.
3. Drain, rinse and add kidney beans. Add tomatoes, tomato sauce, cabbage, zucchini, pepper and pasta. Return to a boil, reduce heat. Cover and simmer for 5-10 minutes until pasta is tender.

## Minestrone Soup

Makes 6 servings.

### Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup each: chopped carrot, celery, and onion
- 2 cloves garlic, minced
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon salt
- 3 cups water or vegetable broth
- 1/8 teaspoon black pepper
- 1-15 ounce can kidney beans
- 1-15 ounce can diced tomatoes
- 1-15 ounce can tomato sauce
- 1/2 cup chopped cabbage
- 1/2 cup sliced zucchini
- 1/2 cup pasta, uncooked



### Directions:

1. In a large sauce pan, heat oil. Add carrot, celery, onion and garlic. Sauté for 2-3 minutes. Add basil, oregano, and salt. Coat vegetables with spices.
2. Add water or broth, bring to a boil. Reduce heat. Cover and simmer for 15 minutes.
3. Drain, rinse and add kidney beans. Add tomatoes, tomato sauce, cabbage, zucchini, pepper and pasta. Return to a boil, reduce heat. Cover and simmer for 5-10 minutes until pasta is tender.

Nutrition Facts			
Serving size: 1/6 of recipe (140g)			
Servings Per Recipe 6			
Amount Per Serving			
<b>Calories</b>	96	Cal. from Fat	24
% Daily Value*			
<b>Total Fat</b>	3g		<b>4%</b>
Saturated Fat	0g		<b>2%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	576mg		<b>25%</b>
<b>Total Carbohydrate</b>	16g		<b>4%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	0g		
<b>Protein</b>	3g		
Vitamin A	70%	Vitamin C	25%
Calcium	4%	Iron	6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Serve with green salad or a slice of whole grain bread.
- ♦ When serving, top the soup with 1 or 2 teaspoons Parmesan cheese for added flavor and calcium.
- ♦ Substitute 1 - 15 ounce can of garbanzo beans for the kidney beans.
- ♦ Add sliced mushrooms or half of a package of frozen spinach when you add the tomatoes.
- ♦ Use reduced-sodium vegetable broth.

Nutrition Facts			
Serving size: 1/6 of recipe (140g)			
Servings Per Recipe 6			
Amount Per Serving			
<b>Calories</b>	96	Cal. from Fat	24
% Daily Value*			
<b>Total Fat</b>	3g		<b>4%</b>
Saturated Fat	0g		<b>2%</b>
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- ♦ Add sliced mushrooms or half of a package of frozen spinach when you add the tomatoes.
- ♦ Use reduced-sodium vegetable broth.

## Tex Mex Bean Dip

Makes 2-1/2 cups.

-From [The New Family Cookbook for People with Diabetes](#)

### Ingredients:

- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1-16 ounce can pinto beans, drained and rinsed
- 1/3 cup salsa
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 2 green onions, chopped
- 1/4 cup chopped cilantro
- 1/2 teaspoon salt (optional)



### Directions:

1. Sauté garlic in oil in a medium pan until soft, about 3 minutes. Add beans and mash them coarsely with a wooden spoon. Add salsa, chili powder, and cumin; heat through.
2. Stir in the green onions, cilantro, and salt. Stir well, adding a tablespoon or two of water if the mixture is too thick.
3. Serve warm with baked tortilla chips, radishes, jicama, or celery sticks.

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### Directions:

1. Sauté garlic in oil in a medium pan until soft, about 3 minutes. Add beans and mash them coarsely with a wooden spoon. Add salsa, chili powder, and cumin; heat through.
2. Stir in the green onions, cilantro, and salt. Stir well, adding a tablespoon or two of water if the mixture is too thick.
3. Serve warm with baked tortilla chips, radishes, jicama, or celery sticks.

Nutrition Facts	
Serving size: 3 tablespoons (51g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 47	Cal. from Fat 13
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

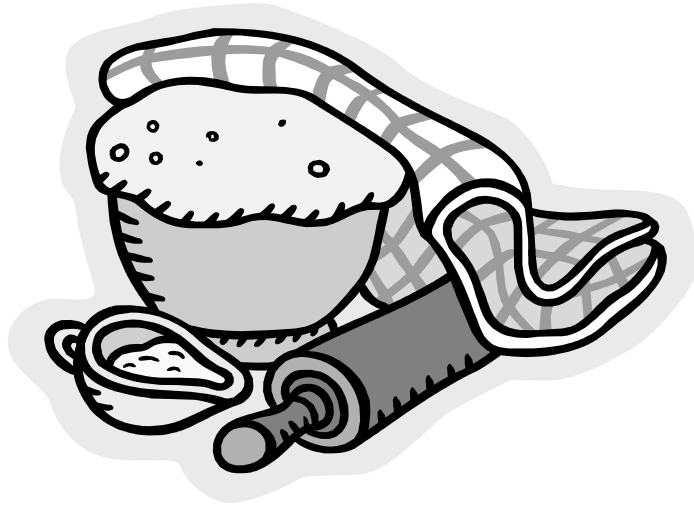
- ◆ Substitute black beans for pinto beans for a different flavor and texture.
- ◆ Add canned tomatoes and/or chopped bell peppers for added flavor.
- ◆ Use canned vegetarian, non-fat refried beans for a smoother texture.
- ◆ Warm corn tortillas and fill with dip for mini-burritos or tacos. Garnish with shredded lettuce, shredded cheese, and diced tomatoes.

Nutrition Facts	
Serving size: 3 tablespoons (51g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 47	Cal. from Fat 13
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
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<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 4%
Calcium 2%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

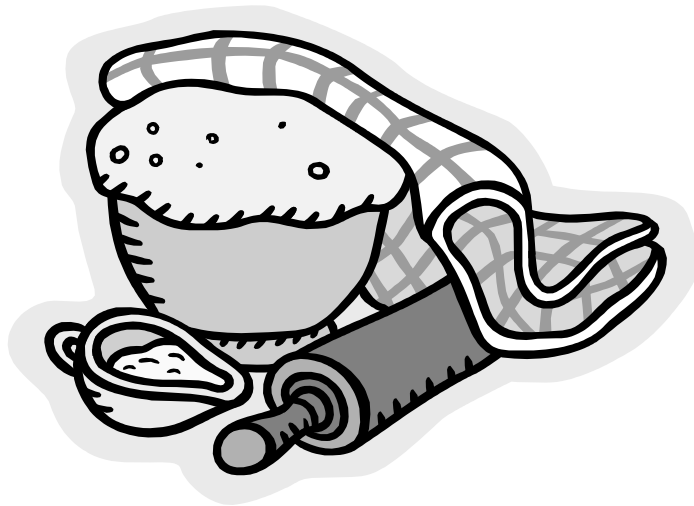
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## ***Desserts***



## ***Desserts***



## Pumpkin Ginger Bread

### Wet Ingredients:

- 1/2 cup vegetable oil
- 2/3 cup honey
- 1/2 cup molasses
- 2 eggs
- 1-1/2 cups canned pumpkin



### Dry Ingredients:

- 2 cups whole wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 2 teaspoons cinnamon
- 1 teaspoon allspice
- 1/4 teaspoon salt
- 1/4 teaspoon cardamom (optional)

Makes 1 loaf.

### Directions:

1. Mix together wet ingredients in a medium bowl.
2. In another bowl, blend together dry ingredients.
3. Combine all wet and dry ingredients together.
4. Pour into a 8" x 8" lightly greased baking pan.
5. Bake at 350° for 30-40 minutes. Bread is done when knife is inserted into the center comes out clean.

*Adapted from Uprisings: The Whole Grain Baker's Book,*

## Pumpkin Ginger Bread

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- 2/3 cup honey
- 1/2 cup molasses
- 2 eggs
- 1-1/2 cups canned pumpkin



### Dry Ingredients:

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2. In another bowl, blend together dry ingredients.
3. Combine all wet and dry ingredients together.
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5. Bake at 350° for 30-40 minutes. Bread is done when knife is inserted into the center comes out clean.

*Adapted from Uprisings: The Whole Grain Baker's Book,*

Nutrition Facts	
Serving size:	(76g)
Servings Per Recipe	8 slices per loaf
Amount Per Serving	
<b>Calories</b> 200	Cal. from Fat 71
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 27mg	<b>8%</b>
<b>Sodium</b> 123mg	<b>4%</b>
<b>Total Carbohydrate</b> 32g	<b>10%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 100%	Vitamin C 2%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Sprinkle top with chopped walnuts before baking.
- ♦ Substitute yams or sweet potatoes for canned pumpkin.
- ♦ Try baking fresh pumpkin and substitute for canned pumpkin. Sugar pie pumpkins work best.
- ♦ You may substitute 1-3/4 cups all-purpose flour for the 2 cups of pastry flour.

Nutrition Facts	
Serving size:	(76g)
Servings Per Recipe	8 slices per loaf
Amount Per Serving	
<b>Calories</b> 200	Cal. from Fat 71
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
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<b>Total Carbohydrate</b> 32g	<b>10%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 18g	
<b>Protein</b> 3g	
Vitamin A 100%	Vitamin C 2%
Calcium 6%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

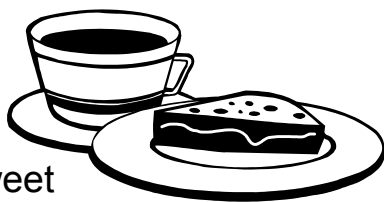
- ♦ Sprinkle top with chopped walnuts before baking.
- ♦ Substitute yams or sweet potatoes for canned pumpkin.
- ♦ Try baking fresh pumpkin and substitute for canned pumpkin. Sugar pie pumpkins work best.
- ♦ You may substitute 1-3/4 cups all-purpose flour for the 2 cups of pastry flour.



## Sweet Potato Pie

Makes 8 servings.

### Ingredients:



- 2 cups mashed sweet potato, about 1 large
- 2 teaspoons margarine or butter
- 1/2 cup egg substitute (or 4 egg whites)
- 1/4 cup firmly packed brown sugar
- 1 tablespoon molasses
- 3/4 cup evaporated skim milk
- 1/8 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 prepared pie crust

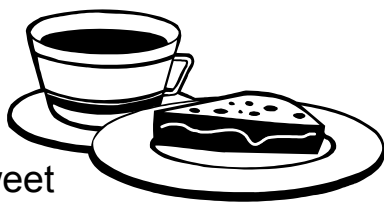
### Directions:

1. Preheat oven to 350.°
2. Combine the sweet potato, butter, egg substitute, brown sugar, molasses, evaporated milk, nutmeg, cinnamon, and ginger in a large bowl. Mix well.
3. Pour into the prepared pie crust and bake for 45-55 minutes. The filling should be set all the way to the middle when you shake it gently. If the crust starts getting too brown before the middle is set, cover with strips of aluminum foil. Allow to cool to room temperature before serving.

## Sweet Potato Pie

Makes 8 servings.

### Ingredients:



- 2 cups mashed sweet potato, about 1 large
- 2 teaspoons margarine or butter
- 1/2 cup egg substitute (or 4 egg whites)
- 1/4 cup firmly packed brown sugar
- 1 tablespoon molasses
- 3/4 cup evaporated skim milk
- 1/8 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 prepared pie crust

### Directions:

1. Preheat oven to 350.°
2. Combine the sweet potato, butter, egg substitute, brown sugar, molasses, evaporated milk, nutmeg, cinnamon, and ginger in a large bowl. Mix well.
3. Pour into the prepared pie crust and bake for 45-55 minutes. The filling should be set all the way to the middle when you shake it gently. If the crust starts getting too brown before the middle is set, cover with strips of aluminum foil. Allow to cool to room temperature before serving.

Nutrition Facts	
Serving size: 1/8 of recipe (91g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 180	Cal. from Fat 62
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 175mg	<b>8%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A 110%	Vitamin C 10%
Calcium 10%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Is it a Sweet Potato or Yam?

Sweet potatoes and yams are often confused. They are actually two unrelated vegetables. Sweet potatoes are called yams in the Southern United States and canned sweet potatoes are labeled as yams.

***How can you be sure to pick out a sweet potato at the store?*** Typically the orange fleshed sweet potatoes are labeled as yams in the produce section. Look for darker, rust colored skin and orange fleshed sweet potatoes such as varieties like **Jewel** or **Garnet**. There is also a pale sweet potato with thin, light yellow skin and pale-yellow flesh.

Nutrition Facts	
Serving size: 1/8 of recipe (91g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 180	Cal. from Fat 62
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
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<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 5g	
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## ***Salads***



## ***Salads***



## Broccoli Salad

Makes 5 servings.

### Ingredients:

3/4 pounds broccoli (about 3 cups)  
1/3 cup light mayonnaise  
1 tablespoon sugar  
2 teaspoons vinegar  
2 teaspoons low fat milk  
2 tablespoons raisins  
1/4 cup walnuts, chopped  
1/4 cup red onion, thinly sliced



### Directions:

1. Wash broccoli. Cut heads into florets, peel and dice stems. Chop as fine as desired.
2. Combine light mayonnaise, sugar, vinegar, and milk. Mix well. Add to chopped broccoli.
3. Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces with dressing.
4. Chill before serving.

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### Ingredients:

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2 teaspoons vinegar  
2 teaspoons low fat milk  
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1/4 cup red onion, thinly sliced



### Directions:

1. Wash broccoli. Cut heads into florets, peel and dice stems. Chop as fine as desired.
2. Combine light mayonnaise, sugar, vinegar, and milk. Mix well. Add to chopped broccoli.
3. Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces with dressing.
4. Chill before serving.

Nutrition Facts	
Serving size: 1/2 Cup (108g)	
Servings Per Recipe 5	
Amount Per Serving	
<b>Calories</b> 137	Cal. from Fat 85
% Daily Value*	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 147mg	<b>6%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 6%	Vitamin C 105%
Calcium 4%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Lightly steam or blanch broccoli before adding to salad.
- ♦ Add diced ham to increase protein content.
- ♦ Omit nuts to decrease fat.
- ♦ Substitute unsalted sunflower seeds or chopped almonds for walnuts.
- ♦ Omit raisins and sugar for less sweetness.

Nutrition Facts	
Serving size: 1/2 Cup (108g)	
Servings Per Recipe 5	
Amount Per Serving	
<b>Calories</b> 137	Cal. from Fat 85
% Daily Value*	
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- ♦ Omit raisins and sugar for less sweetness.

## Cabbage Noodle Salad

Makes 6 servings.

### Dressing:

- 3 tablespoons vegetable or olive oil
- 3 tablespoons vinegar
- 2 tablespoons sugar
- 1/2 ramen noodle seasoning package
- 1/4 teaspoon pepper
- 1 tablespoon low-sodium soy sauce



### Salad:

- 1 small head red or green cabbage, chopped finely (or use 1/2 of each)
- 2 green onions, chopped
- 1 carrot washed well and grated
- 1 package ramen noodles, crushed

### Directions:

1. Make dressing by combining ingredients in a bowl. Whisk to dissolve sugar.
2. Combine the first three salad ingredients in a large bowl and toss well. Add crushed ramen noodles and dressing and toss again.
3. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften.

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Makes 6 servings.

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- 3 tablespoons vegetable or olive oil
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### Directions:

1. Make dressing by combining ingredients in a bowl. Whisk to dissolve sugar.
2. Combine the first three salad ingredients in a large bowl and toss well. Add crushed ramen noodles and dressing and toss again.
3. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften.

Nutrition Facts			
Serving size: 1/8 of recipe (204g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 185 Cal. from Fat 88			
% Daily Value*			
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 1g			<b>8%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 471mg			<b>20%</b>
<b>Total Carbohydrate</b> 23g			<b>8%</b>
Dietary Fiber 4g			<b>15%</b>
Sugars 5g			
<b>Protein</b> 4g			
Vitamin A 60%	Vitamin C		95%
Calcium 6%	Iron		8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Lightly blanch or steam cabbage to increase digestibility.
- ♦ Decrease sodium by using less of the ramen seasoning package or omitting the soy sauce.
- ♦ Increase protein by adding a chopped, boiled egg or 1/2-1cup cooked and diced meat, fish or poultry.
- ♦ Add other favorite fresh, frozen, or canned vegetables as desired.

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Serving size: 1/8 of recipe (204g)			
Servings Per Container 8			
Amount Per Serving			
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- ♦ Add other favorite fresh, frozen, or canned vegetables as desired.

## Curry Dressing for Green or Pasta Salad Makes 4 servings.

### Ingredients:

1-1/2 teaspoons vinegar  
1 teaspoon curry powder  
1/4 cup plain low-fat yogurt  
2 tablespoons mayonnaise  
1 tablespoon nonfat milk  
1 teaspoon salt



### Pasta:

Chilled, cooked pasta for 4 servings  
1 cup frozen peas, thawed  
1 red pepper, diced

### Directions:

1. Combine all dressing ingredients in a small bowl. Stir together with a fork or whisk.
2. Thin the dressing with more milk, if desired.
3. Chill well before serving.
4. Combine peas, red pepper, and pasta in a large bowl. Just before serving, toss the pasta with dressing, just enough to lightly coat.

## Curry Dressing for Green or Pasta Salad Makes 4 servings.

### Ingredients:

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1 teaspoon curry powder  
1/4 cup plain low-fat yogurt  
2 tablespoons mayonnaise  
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Chilled, cooked pasta for 4 servings  
1 cup frozen peas, thawed  
1 red pepper, diced

### Directions:

1. Combine all dressing ingredients in a small bowl. Stir together with a fork or whisk.
2. Thin the dressing with more milk, if desired.
3. Chill well before serving.
4. Combine peas, red pepper, and pasta in a large bowl. Just before serving, toss the pasta with dressing, just enough to lightly coat.



Nutrition Facts	
Serving size: 1/4 of recipe (27g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 39	Cal. from Fat 24
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 3mg	<b>0%</b>
<b>Sodium</b> 64mg	<b>4%</b>
<b>Total Carbohydrate</b> 3g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Try red or green leaf lettuce instead of iceberg. Bok choy, arugula, cabbage and spinach leaves add flavor and nutrients.
- ♦ Cooked beans, hard boiled eggs, or nuts add texture and protein, making your salad more of a main meal than a side dish.
- ♦ Cut or tear your salad pieces small so that flavors can blend better.
- ♦ Experiment with fruit. Add apple, peach, or nectarine pieces for a nice burst of sweet flavor.

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Serving size: 1/4 of recipe (27g)	
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Sugars 1g	
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## Fruit Jumble

Makes 6-8 servings.

-Recipe courtesy of Seattle Nutrition Action Consortium

### Ingredients:



1-1/2 cups of green, purple, or red grapes  
1 medium apple, cut into bite-sized pieces  
1-16 ounce can of chunky, unsweetened pineapple,  
OR 1-11 ounce can of mandarin orange sections  
1 medium banana, cut into slices  
1/4 cup walnuts, finely chopped  
Coconut flakes (optional)  
Cinnamon

**Jumble Juice:** 1/2 cup lowfat vanilla yogurt and 2-3 tablespoons reserved juice

### Directions:

1. Wash grapes, wash and chop apple, and slice banana. Open canned fruit and drain juice into measuring cup. Combine the fruit in a serving bowl.
2. To make Jumble Juice: Put yogurt into a small bowl or cup. Add juice and stir with a whisk or fork until smooth. Pour Jumble Juice over fruit and toss gently to coat.
3. Divide Fruit Jumble into bowls or plates and sprinkle with nuts, coconut and cinnamon.

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3. Divide Fruit Jumble into bowls or plates and sprinkle with nuts, coconut and cinnamon.

Nutrition Facts			
Serving size: 1/2 cup (155g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 140      Cal. from Fat 35			
% Daily Value*			
<b>Total Fat</b> 4g			
Saturated F. 1g			
<b>Cholesterol</b> 1mg			
<b>Sodium</b> 21mg			
<b>Total Carbohydrate</b> 27g			
Dietary Fiber 2g			
Sugars 1g			
<b>Protein</b> 2g			
Vitamin A 2%      Vitamin C 20%			
Calcium 4%      Iron 4%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Use a different combination of your favorite fruit. Try mango, canned peaches, cantaloupe, watermelon, kiwi or pears.
- ♦ Make salad as colorful as you can.
- ♦ Use canned fruit that is packed in its own juice or water. If using fruit canned in syrup, rinse well.

Nutrition Facts			
Serving size: 1/2 cup (155g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 140      Cal. from Fat 35			
% Daily Value*			
<b>Total Fat</b> 4g			
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<b>Sodium</b> 21mg			
<b>Total Carbohydrate</b> 27g			
Dietary Fiber 2g			
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## ***Main Dishes***



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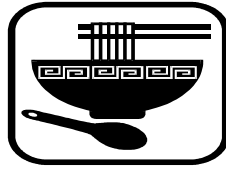
## Bok Choy and Noodles in Seasoned Broth

Makes 4 servings.

*Adapted from Feeding the Whole Family, Cynthia Lair*

### Ingredients:

- 1 package Chinese noodles
- 2 teaspoons sesame oil
- 1 onion, sliced in half moons
- 2-3 garlic cloves, minced
- 1 carrot, chopped
- 5 shitake mushrooms, sliced
- 2 cups chopped bok choy
- 4 cups water
- 1/3 cup low-sodium soy sauce
- 1/2 pound firm tofu, cut into cubes
- 1 tablespoon grated fresh gingerroot
- 2 green onions, cut into thin slices



### Directions:

1. Prepare noodles according to package directions. Omit seasoning package, if included. Drain and set aside.
2. Heat oil in a soup pot. Add onion and garlic and sauté over medium heat until onions begin to soften. Add carrot and mushrooms, sauté a few more minutes.
3. Add bok choy, water, soy sauce, tofu and ginger. Bring heat up until soup begins to simmer. Cover and simmer for 10 minutes.
4. Serve by placing a handful of noodles in each serving dish. Ladle broth and vegetables over the noodles. Garnish with scallions or green onions.

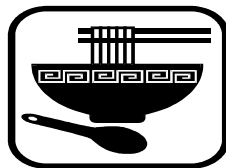
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### Directions:

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2. Heat oil in a soup pot. Add onion and garlic and sauté over medium heat until onions begin to soften. Add carrot and mushrooms, sauté a few more minutes.
3. Add bok choy, water, soy sauce, tofu and ginger. Bring heat up until soup begins to simmer. Cover and simmer for 10 minutes.
4. Serve by placing a handful of noodles in each serving dish. Ladle broth and vegetables over the noodles. Garnish with scallions or green onions.

Nutrition Facts		
Serving size: 1 cup (112g)		
Servings Per Container 4		
Amount Per Serving		
Calories 108	Cal. from Fat 52	
% Daily Value*		
Total Fat 6g	8%	
Saturated Fat 1g	4%	
Cholesterol 0mg	0%	
Sodium 420mg	15%	
Total Carbohydrate 10g	4%	
Dietary Fiber 2g	8%	
Sugars 1g		
Protein 6g		
Vitamin A 50%	Vitamin C 15%	
Calcium 20%	Iron 20%	
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories	2,000	2,500

### Little changes that may suit you better:

- ♦ Substitute other noodles for Chinese noodles.
- ♦ Try using another dark leafy green vegetables, such as kale, cabbage, or greens, in place of bok choy.
- ♦ Use other varieties of mushrooms in place of shitake mushrooms.

Nutrition Facts		
Serving size: 1 cup (112g)		
Servings Per Container 4		
Amount Per Serving		
Calories 108	Cal. from Fat 52	
% Daily Value*		
Total Fat 6g	8%	
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- ♦ Substitute other noodles for Chinese noodles.
- ♦ Try using another dark leafy green vegetables, such as kale, cabbage, or greens, in place of bok choy.
- ♦ Use other varieties of mushrooms in place of shitake mushrooms.

## Chicken Creole

Makes 6 servings.

### Ingredients:

2 teaspoons olive oil  
4 medium chicken breast halves, skinned,  
boned, and cut into 1 inch strips  
1-14 ounce can diced tomatoes  
1 cup low sodium chili sauce  
1-1/2 cups chopped green pepper  
1/2 cup celery  
1/4 cup chopped onions  
2 cloves garlic, minced  
1 tablespoon chopped fresh basil, or  
1 teaspoon dried basil, crushed  
1 tablespoon fresh parsley or teaspoon  
dried parsley, crushed  
1/4 teaspoon crushed red pepper (opt.)



### Directions:

1. Heat oil in large skillet. Add chicken and cook, stirring for 3-5 minutes until no longer pink.
2. Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, and crushed red pepper. Bring to boiling; reduce heat and simmer covered for 10 minutes.
3. Serve over hot, cooked rice or whole wheat pasta.

Recipe from *Down Home Cookin'*, US Department of Health and Human Services, National Institutes of Health.

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1/4 teaspoon crushed red pepper (opt.)



### Directions:

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3. Serve over hot, cooked rice or whole wheat pasta.

Recipe from *Down Home Cookin'*, US Department of Health and Human Services, National Institutes of Health.

Nutrition Facts			
Serving size: 1/6 of recipe (233g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 231      Cal. from Fat 51			
% Daily Value*			
<b>Total Fat</b> 6g			
8%			
Saturated Fat 1g			
8%			
<b>Cholesterol</b> 96mg			
30%			
<b>Sodium</b> 512mg			
20%			
<b>Total Carbohydrate</b> 7g			
2%			
Dietary Fiber 2g			
8%			
Sugars 0g			
<b>Protein</b> 36g			
Vitamin A 10%      Vitamin C 55%			
Calcium 4%      Iron 10%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Use fish or shrimp in place of chicken.
- ♦ Use canned tomatoes with added herbs for extra flavor.
- ♦ Use frozen pepper strips in place of fresh peppers.
- ♦ If low-sodium chili sauce is not available, use 1/4 cup regular chili sauce and 3/4 cup water.

Nutrition Facts			
Serving size: 1/6 of recipe (233g)			
Servings Per Container 6			
Amount Per Serving			
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% Daily Value*			
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Dietary Fiber 2g			
8%			
Sugars 0g			
<b>Protein</b> 36g			
Vitamin A 10%      Vitamin C 55%			
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- ♦ Use canned tomatoes with added herbs for extra flavor.
- ♦ Use frozen pepper strips in place of fresh peppers.
- ♦ If low-sodium chili sauce is not available, use 1/4 cup regular chili sauce and 3/4 cup water.



## Pasta and Beans

Makes 6 servings.

### Ingredients:

- 3 cups uncooked pasta
- 2 medium bell peppers, chopped
- 1 zucchini, sliced
- 1 medium onion, chopped (1/2 cup)
- 2 cloves garlic, chopped
- 1-14.5 ounce can diced tomatoes,
- 1/2 cup low sodium broth
- 1 tablespoon chopped fresh or 1/2 teaspoon dried rosemary leaves, crumbled
- 2 cups lightly packed fresh spinach
- 1 can cannelloni beans, rinsed and drained
- Parmesan cheese (optional)



### Directions:

1. Cook and drain pasta according to package directions.
2. Spray a 4-quart Dutch oven with low-fat cooking spray and heat over medium-high heat. Cook red bell pepper, zucchini, onion and garlic about 6 minutes or until vegetables are crisp tender.
3. Add tomatoes, broth, and rosemary to vegetable mixture and stir until blended.
4. Reduce heat and simmer uncovered for about 3 minutes.
5. Stir in spinach and cannelloni beans and simmer until spinach is wilted.
6. Toss vegetable mixture with the cooked pasta and sprinkle with Parmesan cheese, if desired.

## Pasta and Beans

Makes 6 servings.

### Ingredients:

- 3 cups uncooked pasta
- 2 medium bell peppers, chopped
- 1 zucchini, sliced
- 1 medium onion, chopped (1/2 cup)
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- 1/2 cup low sodium broth
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- 2 cups lightly packed fresh spinach
- 1 can cannelloni beans, rinsed and drained
- Parmesan cheese (optional)



### Directions:

1. Cook and drain pasta according to package directions.
2. Spray a 4-quart Dutch oven with low-fat cooking spray and heat over medium-high heat. Cook red bell pepper, zucchini, onion and garlic about 6 minutes or until vegetables are crisp tender.
3. Add tomatoes, broth, and rosemary to vegetable mixture and stir until blended.
4. Reduce heat and simmer uncovered for about 3 minutes.
5. Stir in spinach and cannelloni beans and simmer until spinach is wilted.
6. Toss vegetable mixture with the cooked pasta and sprinkle with Parmesan cheese, if desired.

Nutrition Facts			
Serving size: 1/6 of recipe (324g)			
Servings Per Recipe 6			
Amount Per Serving			
Calories 313 Cal. from Fat 14			
% Daily Value*			
<b>Total Fat</b> 2g			
2%			
Saturated Fat 0g			
0%			
<b>Cholesterol</b> 0mg			
0%			
<b>Sodium</b> 467mg			
20%			
<b>Total Carbohydrate</b> 62g			
20%			
Dietary Fiber 7g			
30%			
Sugars 0g			
<b>Protein</b> 14g			
Vitamin A 70% Vitamin C 155%			
Calcium 8% Iron 15%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Use another green leafy vegetable in place of the spinach such as kale, mustard greens, or chard. They will take longer to cook than spinach.
- ♦ Use diced tomatoes with herbs already added for more flavor.
- ♦ Use dried rosemary if fresh is not available, *or* substitute another herb in its place, for example, oregano or basil.

Nutrition Facts			
Serving size: 1/6 of recipe (324g)			
Servings Per Recipe 6			
Amount Per Serving			
Calories 313 Cal. from Fat 14			
% Daily Value*			
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2%			
Saturated Fat 0g			
0%			
<b>Cholesterol</b> 0mg			
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<b>Sodium</b> 467mg			
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### Little changes that may suit you better:

- ♦ Use another green leafy vegetable in place of the spinach such as kale, mustard greens, or chard. They will take longer to cook than spinach.
- ♦ Use diced tomatoes with herbs already added for more flavor.
- ♦ Use dried rosemary if fresh is not available, *or* substitute another herb in its place, for example, oregano or basil.

## Pasta Delight

Makes 2-3 servings.

### Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup carrot, cut into thin sticks
- 1/4 red onion, chopped or sliced thinly
- 1 cup broccoli, chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 clove garlic, minced
- 1 cup pasta, cooked, drained and rinsed (any shape)
- 2 tablespoons Parmesan cheese



### Directions:

1. Cook pasta according to package instructions.
2. Heat oil in a large skillet. Sauté carrots, onion and broccoli for 5 minutes, stirring often.
3. Add oregano, basil and garlic. Sauté for 2-3 more minutes
4. Add cooked pasta to vegetables and gently combine with a large spoon or spatula. Sprinkle Parmesan cheese over pasta mixture, cover and cook for 1 more minute.
5. Serve warm.

## Pasta Delight

Makes 2-3 servings.

### Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup carrot, cut into thin sticks
- 1/4 red onion, chopped or sliced thinly
- 1 cup broccoli, chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 clove garlic, minced
- 1 cup pasta, cooked, drained and rinsed (any shape)
- 2 tablespoons Parmesan cheese



### Directions:

1. Cook pasta according to package instructions.
2. Heat oil in a large skillet. Sauté carrots, onion and broccoli for 5 minutes, stirring often.
3. Add oregano, basil and garlic. Sauté for 2-3 more minutes
4. Add cooked pasta to vegetables and gently combine with a large spoon or spatula. Sprinkle Parmesan cheese over pasta mixture, cover and cook for 1 more minute.
5. Serve warm.

Nutrition Facts			
Serving size: 1/3 recipe (121g)			
Servings Per Recipe 3			
Amount Per Serving			
<b>Calories</b> 147      Cal. from Fat 41			
% Daily Value*			
<b>Total Fat</b> 5g			
Saturated Fat 1g			
<b>Cholesterol</b> 2mg			
<b>Sodium</b> 72mg			
<b>Total Carbohydrate</b> 22g			
Dietary Fiber 2g			
Sugars 0g			
<b>Protein</b> 5g			
Vitamin A 135%      Vitamin C 40%			
Calcium 8%      Iron 8%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ In place of fresh vegetables, use 1-1/4 cup frozen vegetable mix.
- ♦ Use different vegetables such as cooked cauliflower, zucchini or fresh tomatoes.
- ♦ Try brightly colored pasta for a beautiful dish.
- ♦ Substitute 1 tablespoon fresh herbs for dried oregano and basil.

Nutrition Facts			
Serving size: 1/3 recipe (121g)			
Servings Per Recipe 3			
Amount Per Serving			
<b>Calories</b> 147      Cal. from Fat 41			
% Daily Value*			
<b>Total Fat</b> 5g			
Saturated Fat 1g			
<b>Cholesterol</b> 2mg			
<b>Sodium</b> 72mg			
<b>Total Carbohydrate</b> 22g			
Dietary Fiber 2g			
Sugars 0g			
<b>Protein</b> 5g			
Vitamin A 135%      Vitamin C 40%			
Calcium 8%      Iron 8%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

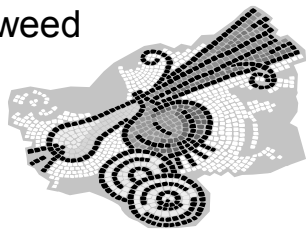
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- ♦ Use different vegetables such as cooked cauliflower, zucchini or fresh tomatoes.
- ♦ Try brightly colored pasta for a beautiful dish.
- ♦ Substitute 1 tablespoon fresh herbs for dried oregano and basil.

## Pasta and Steamed Vegetables

Makes 4 servings.

### Ingredients:

- 1 cup uncooked rotini pasta
- 3/4 lb. new red potatoes, cut into  
1/2-inch wedges
- 1 cup frozen broccoli florets
- 1 cup baby carrots
- 1/2 cup frozen snap pea pods
- 1 tablespoon olive oil
- 2 tablespoons parsley, chopped
- 1 teaspoon dried dill weed
- 1/2 teaspoon salt



### Directions:

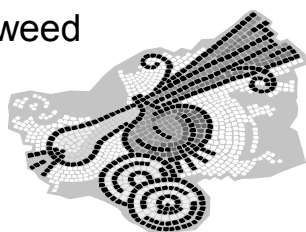
1. Cook rotini pasta according to package directions.
2. While pasta is cooking, place steamer basket in a 3-quart saucepan filled with 1/2-inch of water.
3. Fill basket with potatoes, broccoli, and carrots. Bring water to a boil, then reduce heat to medium-low and steam for 5 minutes.
4. Add pea pods, cover and steam 2-3 minutes or until potatoes are tender.
5. Place steamed vegetables in a medium bowl and toss with cooked rotini, olive oil, parsley, dill and salt until well coated.

## Pasta and Steamed Vegetables

Makes 4 servings.

### Ingredients:

- 1 cup uncooked rotini pasta
- 3/4 lb. new red potatoes, cut into  
1/2-inch wedges
- 1 cup frozen broccoli florets
- 1 cup baby carrots
- 1/2 cup frozen snap pea pods
- 1 tablespoon olive oil
- 2 tablespoons parsley, chopped
- 1 teaspoon dried dill weed
- 1/2 teaspoon salt



### Directions:

1. Cook rotini pasta according to package directions.
2. While pasta is cooking, place steamer basket in a 3-quart saucepan filled with 1/2-inch of water.
3. Fill basket with potatoes, broccoli, and carrots. Bring water to a boil, then reduce heat to medium-low and steam for 5 minutes.
4. Add pea pods, cover and steam 2-3 minutes or until potatoes are tender.
5. Place steamed vegetables in a medium bowl and toss with cooked rotini, olive oil, parsley, dill and salt until well coated.

Nutrition Facts	
Serving size: 1/4 of recipe (156g)	
Servings Per Recipe 4	
Amount Per Serving	
<b>Calories</b> 214	Cal. from Fat 42
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 355mg	<b>15%</b>
<b>Total Carbohydrate</b> 37g	<b>10%</b>
Dietary Fiber 3g	<b>15%</b>
Sugars 0g	
<b>Protein</b> 6g	
Vitamin A 8%	Vitamin C 75%
Calcium 4%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Substitute any shape pasta for the rotini.
- ♦ Use whole-wheat pasta varieties to increase the fiber.
- ♦ Substitute other favorite frozen or fresh chopped vegetables.
- ♦ Omit potatoes to decrease the carbohydrate content of the meal.
- ♦ Add other favorite spices or herbs as desired.

Nutrition Facts	
Serving size: 1/4 of recipe (156g)	
Servings Per Recipe 4	
Amount Per Serving	
<b>Calories</b> 214	Cal. from Fat 42
% Daily Value*	
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- ♦ Substitute other favorite frozen or fresh chopped vegetables.
- ♦ Omit potatoes to decrease the carbohydrate content of the meal.
- ♦ Add other favorite spices or herbs as desired.

## Tex Mex Skillet Supper

Makes 6 servings.

### Ingredients:

1 pound lean ground meat  
(beef, pork, chicken or turkey)  
2 cloves garlic, minced  
1-12 ounce can kernel corn, drained  
1-16 ounce can black beans, rinsed and  
drained  
1-12 ounce jar or can salsa  
1/2 cup water  
2 teaspoons taco seasoning mix  
6-6 inch corn tortillas, cut in half and then  
into 1-inch strips  
2 ounces cheddar cheese, shredded



### Directions:

1. In a large skillet, cook meat and garlic over medium heat until meat is cooked through. Drain off any fat.
2. Stir in the remaining ingredients, except cheese.
3. Bring to a boil, lower heat, cover and simmer for 10-12 minutes.
4. Uncover, top with cheese and cook for 2 minutes more, or until cheese is melted.
5. Serve hot. If desired, top with low-fat sour cream and chopped green onions.

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Makes 6 servings.

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### Directions:

1. In a large skillet, cook meat and garlic over medium heat until meat is cooked through. Drain off any fat.
2. Stir in the remaining ingredients, except cheese.
3. Bring to a boil, lower heat, cover and simmer for 10-12 minutes.
4. Uncover, top with cheese and cook for 2 minutes more, or until cheese is melted.
5. Serve hot. If desired, top with low-fat sour cream and chopped green onions.

## Nutrition Facts

Serving size: 1/6 of recipe (262g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 386 Cal. from Fat 155

### % Daily Value\*

**Total Fat** 17g **25%**

Saturated Fat 7g **35%**

**Cholesterol** 62mg **20%**

**Sodium** 825mg **35%**

**Total Carbohydrate** 35g **10%**

Dietary Fiber 8g **30%**

Sugars 1g

**Protein** 24g

Vitamin A 8% Vitamin C 30%

Calcium 15% Iron 20%

\* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Little changes that may suit you better:

- ♦ Use frozen corn instead of canned corn.
- ♦ Use canned diced tomatoes in place of salsa and add extra seasoning.
- ♦ To increase fiber content and reduce cost, omit meat and use an extra can of beans.
- ♦ Omit corn tortilla strips and water. Use mixture as a filling for burritos or tacos.
- ♦ Substitute fresh or frozen red, green, or yellow pepper strips for the corn.

## Nutrition Facts

Serving size: 1/6 of recipe (262g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 386 Cal. from Fat 155

### % Daily Value\*

**Total Fat** 17g **25%**

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Calcium 15% Iron 20%

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- ♦ Omit corn tortilla strips and water. Use mixture as a filling for burritos or tacos.
- ♦ Substitute fresh or frozen red, green, or yellow pepper strips for the corn.



## Turkey Chili

Makes 6 servings.

Recipe from the Seattle Nutrition Action Consortium

### Ingredients:

- 1 tablespoon olive or vegetable oil
- 1 pound ground turkey
- 1 medium onion, chopped
- 4 cloves garlic, pressed or minced
- 2 medium carrots, finely chopped
- 2-15 ounce cans diced tomatoes
- 1-15 ounce can black beans, drained and rinsed
- 1-15 ounce can kidney beans, drained and rinsed
- 3/4 cup water
- 4 teaspoons chili powder
- 1 tablespoon parsley, freshly chopped or dried flakes



### Directions:

1. In a large skillet, heat oil on medium setting. Add ground turkey and cook for 4-5 minutes.
2. Add onion and carrot. Sauté for 3-4 minutes or until onions are tender. Add garlic and sauté for 1 more minute.
3. Add tomatoes, chili powder, beans, and water. Cook 15 minutes, or until carrots are tender. Add fresh parsley just before serving.
4. Garnish with low-fat sour cream or a sprinkle of grated cheddar cheese, if desired.

## Turkey Chili

Makes 6 servings.

Recipe from the Seattle Nutrition Action Consortium

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- 1 pound ground turkey
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- 2-15 ounce cans diced tomatoes
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- 1-15 ounce can kidney beans, drained and rinsed
- 3/4 cup water
- 4 teaspoons chili powder
- 1 tablespoon parsley, freshly chopped or dried flakes



### Directions:

1. In a large skillet, heat oil on medium setting. Add ground turkey and cook for 4-5 minutes.
2. Add onion and carrot. Sauté for 3-4 minutes or until onions are tender. Add garlic and sauté for 1 more minute.
3. Add tomatoes, chili powder, beans, and water. Cook 15 minutes, or until carrots are tender. Add fresh parsley just before serving.
4. Garnish with low-fat sour cream or a sprinkle of grated cheddar cheese, if desired.

Nutrition Facts			
Serving size: 1/6 recipe (394g)			
Servings Per Recipe 6			
Amount Per Serving			
<b>Calories</b> 329 Cal. from Fat 87			
% Daily Value*			
<b>Total Fat</b> 10g <b>15%</b>			
Saturated Fat 2g <b>10%</b>			
<b>Cholesterol</b> 60mg <b>20%</b>			
<b>Sodium</b> 551mg <b>25%</b>			
<b>Total Carbohydrate</b> 38g <b>15%</b>			
Dietary Fiber 9g <b>35%</b>			
Sugars 0g			
<b>Protein</b> 25g			
Vitamin A	60%	Vitamin C	45%
Calcium	15%	Iron	30%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Add diced green peppers or celery.
- ♦ Add frozen corn, thawed or canned corn, drained.
- ♦ Substitute lean ground beef for turkey.
- ♦ Soak and cook dry beans in place of canned beans to reduce sodium.
- ♦ Serve with corn bread or whole wheat crackers.
- ♦ Add a can of green chiles to add a little spice.

Nutrition Facts			
Serving size: 1/6 recipe (394g)			
Servings Per Recipe 6			
Amount Per Serving			
<b>Calories</b> 329 Cal. from Fat 87			
% Daily Value*			
<b>Total Fat</b> 10g <b>15%</b>			
Saturated Fat 2g <b>10%</b>			
<b>Cholesterol</b> 60mg <b>20%</b>			
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Dietary Fiber 9g <b>35%</b>			
Sugars 0g			
<b>Protein</b> 25g			
Vitamin A	60%	Vitamin C	45%
Calcium	15%	Iron	30%
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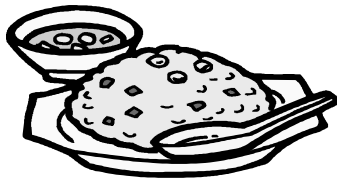
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- ♦ Soak and cook dry beans in place of canned beans to reduce sodium.
- ♦ Serve with corn bread or whole wheat crackers.
- ♦ Add a can of green chiles to add a little spice.

## Quick and Easy Fried Rice

### Ingredients:

2 teaspoons vegetable oil  
1/2 small onion, finely chopped  
1/2 package of frozen vegetables OR  
1 cup fresh vegetables, chopped  
1-1/2 cups cooked brown or white rice  
(rice should be cooled before adding)  
1 egg, lightly beaten  
2 teaspoons low sodium soy sauce



Makes 3-4 servings.

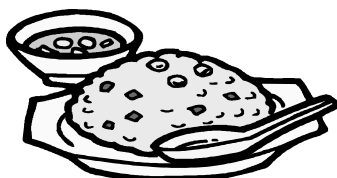
### Directions:

1. Sauté onion in oil in a large skillet. Stir and cook 2-3 minutes.
2. If using fresh vegetables, add and cook 2 more minutes. Add rice and cook 3-4 minutes more.
3. If using frozen vegetables, add with rice and cook 2-3 minutes.
4. Spread mixture to outsides of pan, leaving a space in the middle to cook egg.
5. Add egg and scramble until cooked. Mix eggs with rice and vegetables. Sprinkle with soy sauce.

## Quick and Easy Fried Rice

### Ingredients:

2 teaspoons vegetable oil  
1/2 small onion, finely chopped  
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1 egg, lightly beaten  
2 teaspoons low sodium soy sauce



Makes 3-4 servings.

### Directions:

1. Sauté onion in oil in a large skillet. Stir and cook 2-3 minutes.
2. If using fresh vegetables, add and cook 2 more minutes. Add rice and cook 3-4 minutes more.
3. If using frozen vegetables, add with rice and cook 2-3 minutes.
4. Spread mixture to outsides of pan, leaving a space in the middle to cook egg.
5. Add egg and scramble until cooked. Mix eggs with rice and vegetables. Sprinkle with soy sauce.

Nutrition Facts			
Serving size: 1/3 recipe (165g)			
Servings Per Recipe 3			
Amount Per Serving			
<b>Calories</b> 165 Cal. from Fat 49			
% Daily Value*			
<b>Total Fat</b> 5g			
Saturated Fat 1g			
<b>Cholesterol</b> 71mg			
<b>Sodium</b> 426mg			
<b>Total Carbohydrate</b> 24g			
Dietary Fiber 3g			
Sugars 0g			
<b>Protein</b> 6g			
Vitamin A 50% Vitamin C 10%			
Calcium 4% Iron 6%			
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ To increase protein, add 1/2 cup cooked poultry, fish, or meat.
- ♦ Add fresh or ground garlic or ginger for a tasty change.
- ♦ For added nutrition and flavor, try adding 1 cup dark leafy greens. such as boy choy, kale or chard.
- ♦ To decrease cholesterol and fat, use 2 egg whites or Egg Beaters in place of egg.

*NOTE: Nutrition Facts given here are based on recipe using brown rice and frozen mixed vegetables.*

Nutrition Facts			
Serving size: 1/3 recipe (165g)			
Servings Per Recipe 3			
Amount Per Serving			
<b>Calories</b> 165 Cal. from Fat 49			
% Daily Value*			
<b>Total Fat</b> 5g			
Saturated Fat 1g			
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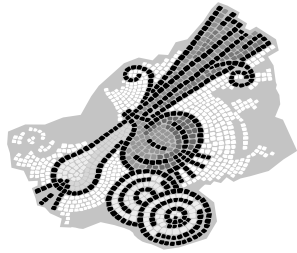
*NOTE: Nutrition Facts given here are based on recipe using brown rice and frozen mixed vegetables.*

## Vegetable Stir-Fry

Makes 4 servings.

### Ingredients:

- 1 tablespoon oil
- 1/2 medium onion, chopped
- 1 cup carrot slices
- 1 red or green pepper, chopped
- 1 cup red or green cabbage, chopped
- 1 cup broccoli florets, chopped
- 1/4-1/2 cup low-sodium broth
- 1 tablespoon vegetarian mushroom oyster sauce
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil



### Directions:

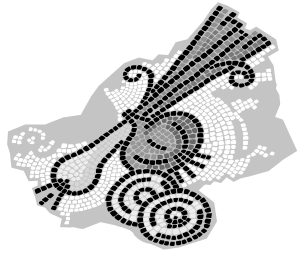
1. Heat oil in a skillet or wok.
2. Add onion, carrot, pepper and cabbage. Cook for 2 minutes.
3. Add broth and cook for 2-3 more minutes, depending on desired softness of vegetables.
4. Add broccoli. Stir and cover pan. Cook for 1-2 more minutes. Add more broth as needed
5. Add vegetarian oyster sauce.
6. Combine cornstarch with a small amount of broth; stir to dissolve. Add to vegetables and stir well.
7. Remove from heat and stir in sesame oil.
8. Serve with brown or white rice.

## Vegetable Stir-Fry

Makes 4 servings.

### Ingredients:

- 1 tablespoon oil
- 1/2 medium onion, chopped
- 1 cup carrot slices
- 1 red or green pepper, chopped
- 1 cup red or green cabbage, chopped
- 1 cup broccoli florets, chopped
- 1/4-1/2 cup low-sodium broth
- 1 tablespoon vegetarian mushroom oyster sauce
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil



### Directions:

1. Heat oil in a skillet or wok.
2. Add onion, carrot, pepper and cabbage. Cook for 2 minutes.
3. Add broth and cook for 2-3 more minutes, depending on desired softness of vegetables.
4. Add broccoli. Stir and cover pan. Cook for 1-2 more minutes. Add more broth as needed
5. Add vegetarian oyster sauce.
6. Combine cornstarch with a small amount of broth; stir to dissolve. Add to vegetables and stir well.
7. Remove from heat and stir in sesame oil.
8. Serve with brown or white rice.

Nutrition Facts			
Serving size: 1/4 of recipe (167g)			
Servings Per Container 4			
Amount Per Serving			
Calories 93		Cal. from Fat 46	
% Daily Value*			
Total Fat 5g		8%	
Saturated Fat 1g		4%	
Cholesterol 0mg		0%	
Sodium 61mg		4%	
Total Carbohydrate 10g		4%	
Dietary Fiber 3g		10%	
Sugars 0g			
Protein 3g			
Vitamin A	210%	Vitamin C	140%
Calcium	4%	Iron	4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Substitute any of your favorite vegetables for those in the recipe.
- ♦ Add cooked chicken, beef, or pork to increase the protein content.
- ♦ Serve with noodles instead of rice to reduce the carbohydrate content of the meal.
- ♦ Add fresh garlic or gingerroot to add flavor.

Nutrition Facts			
Serving size: 1/4 of recipe (167g)			
Servings Per Container 4			
Amount Per Serving			
Calories 93		Cal. from Fat 46	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat 1g			4%
Cholesterol	0mg		0%
Sodium	61mg		4%
Total Carbohydrate	10g		4%
Dietary Fiber 3g			10%
Sugars 0g			
Protein	3g		
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